





A D V I C E  
BY THE  
BOARD OF HEALTH OF GLASGOW,  
REGARDING  
PREVENTION AND DOMESTIC TREATMENT  
OF  
C H O L E R A.

8TH FEBRUARY, 1832.

**PREVENTION.**

**CLEANLINESS.**—Personal cleanliness must be attended to; artificers, particularly working at dirty trades, should frequently wash their bodies with soap and water. Body clothes, especially those next the skin, and also bed-clothes should be often washed. Impure air is injurious, therefore houses should be well aired, and every kind of filth, particularly in concealed places, should be instantly removed.

**DRESS.**—Warm clothing, consisting of inner garments of flannel, and worsted stockings, should be used, and should be cleaned once a week. The benefit of flannel cannot be supplied by the substitution of any other material. Wet, especially at night, should be avoided. Damp feet are very injurious.

**INTEMPERANCE.**—The use of intoxicating liquors is hurtful, and is dangerous, if carried to excess.

**DIET.**—Whatever article of diet is difficult of digestion, or is found, by disordering the bowels, to disagree with the individual, should be carefully avoided. Raw vegetables, undressed fruits, watery potatoes, should be avoided, and vegetables, when used, should be thoroughly boiled. Butcher meat too long kept, and spoiled fish particularly, ought to be shunned as highly prejudicial. A nourishing diet, regular both as to time and quantity, and moderate exercise, without fatigue, all strengthen the body, and fortify it against this disease.

## TREATMENT.

Cholera generally begins with giddiness, great languor, and more or less uneasiness in the bowels, attended generally with looseness. Feelings of this kind should not give alarm at present, for they are common in all places, and at all times. When, however, the disease prevails, the symptoms above mentioned should never be disregarded, and an immediate call should be made for medical aid. But as this often cannot be instantly obtained, the three following parts of domestic treatment should be put in practice. The procedure is, at least, safe ; and can do no harm, though the disorder should turn out not to be Cholera.

EMETIC.—Two teaspoonfuls of mustard powder and a tablespoonful of common salt, mixed in a mutchkin of luke-warm water, should be swallowed instantly. This will produce vomiting, which should be encouraged in the usual way, by repeated draughts of warm water.

DRAUGHT.—When the vomiting has ceased, forty drops of laudanum should be given in a little toddy, made with half a wine glass of brandy or good British spirits.

EXTERNAL HEAT.—Every possible means of applying heat to the surface of the body should be steadily had recourse to. The patients should be wrapt in hot blankets ; hot bricks, bottles full of warm water, flannel or muslin bags filled with hot sand, bran, or salt, should be carefully applied to the trunk and limbs, using, at the same time, continual friction, with warm flannel to those parts not covered with the bags. The sand, bran, or salt, may be heated on a *girdle* or in a frying-pan. These applications should be persevered in without interruption, till a medical person arrives, who will direct the other management according to circumstances.

J. C.

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**MEN'S APPAREL.**

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....Flannel Shirts.  
....Linen Shirts.  
....Night-Caps.  
....Pairs Stockings.  
....Drawers.  
....Trowsers.  
....Vests.  
....Coats.  
....Shoes.  
....Hats.

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**WOMEN'S APPAREL.**

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....Shifts.  
....Pairs Stockings.  
....Bed Gowns.  
....Corsets.  
....Petticoats.  
....Gowns.  
....Aprons.  
....Caps.  
....Flannels.  
....Shoes.

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**Police Chambers,**

*GORBALS, 7th February, 1832.*

THE COMMITTEE of the BOARD of HEALTH having ascertained that many of the poorer Patients, when dismissed from the Fever Hospital, are destitute of the necessary Clothing and Bedding, and being confident that both to a large extent will be required, should the disease of Cholera visit this City,—Resolved at their Meeting held this day, to solicit from the Public such old Clothing, including any part of Men's, Women's, or Children's Dress, Shoes, &c. as well as Blankets, Coverlets, &c. as individuals may find it convenient to bestow.

N. B.—A Person, *accompanied by an Officer of Police*, will call at the house where this Notice is left, in the course of a few days, to whom alone it is requested, that the Articles that can be spared may be delivered.

**WM. FREW,**

Chairman of the Committee

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wanted, free of all expence. These Gentlemen bring with them every qualification for their task. They spare no labour—they shun no danger—they leave no proper means untried to restore health. So far from doing anything which can by possibility hasten the death of a patient—their own interest—their own duty—their own character are all at stake, to urge every effort for his recovery. Surely then, in place of the door being shut in their face with insult and injury, they ought to be welcomed as ministering angels of mercy. But if, after this warning, there should still be those who shall decline the means of cure thus liberally afforded—if there should be those who, deaf to the voice of duty and of nature, are resolved to brave all the perils of the plague—their own blood—the blood of their children—the blood of all who are near and dear to them, must be on their own heads.\*

Next to early treatment of the living, the stoppage of contagion depends on early burial of the dead. Experience has shown, in every case and in every country, that the corpse of a cholera patient is highly infectious; and that the longer it remains uninterred, the more dangerous does it become. The Government have accordingly issued an injunction, that all such bodies must be taken away within twelve hours. The Board, therefore, felt it an important part of their duty to make arrangements, free of all charge, for decent removal to the grave. And yet, such has been the violence offered to the persons employed for this painful and hazardous duty, that some of them have found it necessary to resign their situations. One ground for this most unfortunate prejudice, has been stated to be the delusive hope that life may not yet be fled. No expectation can be more

\* One fact, out of several, may be stated in illustration. On the evening of the 21st February, a case occurred in the Highland closs, where all medical assistance was refused, and violence offered to the attendants. Within three days after, both the father and son, who gave the resistance, were seized with Cholera, and died.



groundless—for the appearances of the body, after death from Cholera, afford the most awful confirmation that the pulse has for ever ceased to beat. The refusal has also been ascribed to the feelings of respect for the remains of beloved relatives. Far be it from the Board, in ordinary instances, to discourage sentiments so natural and so creditable—but what does duty require in cases of pestilence? Are such feelings to be indulged at the risk of lives to the family—to the neighbourhood—to the whole community? Is an unavailing tribute to the dead, to be paid at the hazard of involving the living in one common ruin? If the voice of those who are gone could be heard, would it not be—“O! bury my body out of your sight, and let it not be the death of my father, my mother, my brothers or my sisters”?

The Board earnestly hope that, by this calm expostulation, they may have succeeded in overcoming all such misapprehensions. They have endeavoured to convince the understandings of their fellow-citizens, as to the duty which they owe to themselves and to the public, in this awful emergency. They have appealed to their good sense and right feelings—to their heads and to their hearts. But if this attempt should be found to be in vain—if such an injurious system shall still be pursued by ill-judging or ill-disposed individuals—if such outrages on humanity, good order and peace, shall continue to be perpetrated—nothing will remain for the Board, but to exercise the powers which the Law has placed at its disposal. Every effort must be made to stop the ravages of a disease, which is wasting the lives and ruining the trade of this great community.

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*It is earnestly requested that this Address may be circulated as widely as possible; and that all right-thinking and well-disposed persons will assist the Board, in conquering such unfortunate and hurtful prepossessions.*

BOARD OF HEALTH, }  
29th February, 1832. }







